



Photo by PH1(AW) William R. Goodwin

## USS Chafee lights up the harbor

Pearl Harbor's newest guided missile destroyer USS Chafee (DDG 90) gets into the holiday spirit with lights and decorations along with other homeported ships. The 340 Chafee crewmembers will enjoy the holidays with their families Hawaiian style.



## Former Beatle joins with NORAD to track Santa

NORAD Public Affairs Office

Exactly a month before Christmas Eve, the men and women of NORAD are proud to announce that Ringo Starr is their honorary Santa tracker for Christmas 2003. "Santa and I are personal friends," said Ringo from his home in England. "He's asked me to do this special job with this incredibly new Santa-Cam and I'll be tracking him as he comes over Great Britain."

NORAD technicians upgraded the omni-directional high-speed digital SantaCam stationed in Great Britain and have moved it from Stonehenge to a top secret hideaway near Ringo's home. "Ringo recently received Santa Tracking techniques from NORAD technicians and has become an expert in the use of the SantaCam," said Maj. Gen. Angus Watt, Director of Operations for NORAD. "We hope he'll capture images of Father Christmas somewhere in Great Britain this year."

As an added attraction this year, visitors to NORAD's Santa Tracking website will hear some of Ringo's Christmas music including "I Wanna Be Santa Claus."

"Children will see amazing things," said Ringo. "I'm privileged to be one of the Santa Trackers."

NORAD is a bi-national Canadian and American command that is responsible for the air defense of North America. NORAD has jet fighters on alert throughout North America, supported by air-to-air refueling tankers, airborne and ground-based radar, surveillance systems and satellites.

# Soldiers try Russian 'Kettlebell' sport

Spc. David Foley  
Army News Service

Kettlebell lifting, a sport dating back to the Dark Ages, has recently been added to the physical training regimens of elite military and police units all over the world.

Air Force Staff Sgt. Nate Morrison, one of the top kettlebell instructors in the nation, visited Fort Benning recently to share his love of the sport.

Morrison was invited by Tech. Sgt. Eric Brandenburg, enlisted terminal attack controller, who attended Jumpmaster School with Morrison and was intrigued by the benefits of working with kettlebells.

As forward air controllers for the rangers, Brandenburg has a fairly intense physical training program, but after one day of working with kettlebells, he noticed the difference.

"It's a totally different type of training," he said. "It worked places I hadn't worked in a while."

The reason for the difference Brandenburg felt was the off-balance design of the kettlebell, Morrison said.

A kettlebell is shaped like a cannonball with a handle, and its round design keeps it off center when it's being held, forcing the lifter to use muscles not normally used when lifting standard weights.

"Kettlebells put stress on ligaments and tendons, which makes them stronger, too," Morrison said.

Morrison said kettlebells have tremendous effects that can give anyone in the military a considerable advantage. They build strength, endurance, agility and coordination, all of which are vital for a Soldier.

Before discovering kettlebells, Morrison lifted

weights until he was big and slow, then ran it off until he was small and fast. But with kettlebells, he gets a moderate level of everything.

Morrison isn't the only one who's seen the same effects from a kettlebell routine.

Soviet sports scientist Vladlen Voropayev conducted an experiment with two groups of college students and documented the results of kettlebell training in 1983. Voropayev observed a group of students with similar scores on a standard military fitness test and let half of them continue the university's training program (pull-ups, standing broad jump, 100-meter sprint and a 1-kilometer run), while the other half only lifted kettlebells.

At the end of the experiment, the group that used the kettlebells scored higher in every area of the test than the other group.

Morrison conducted an experiment similar to Voropayev's. He challenged a friend — an avid dead lifter — to take one month away from the weights and train with kettlebells.

Before the experiment, the subject could lift 315 pounds, and when he returned to the weights, one month later, he lifted 415 pounds.

Kettlebells not only make a person stronger, Morrison said, they make them younger — in a manner of speaking.

"Other PT programs have left a lot of us with herniated disks and other joint injuries," Morrison said. "Kettlebells strengthen the areas around those injuries and make the pain go away."

"I've seen people who said, 'I was on my way out, but now I feel like a kid again,'" Morrison said.

For more information on the sport, go to [russiankettlebells.com](http://russiankettlebells.com), or kettlebells—circular—core-strength—training.com.

(Editor's note: Spc. David Foley writes for the Benning Bayonet newspaper.)



Photo by Spc. David Foley  
Capt. Mike Thompson, left, and Tech. Sgt. Eric Brandenburg lift kettlebells during a class at Fort Benning, Ga., Dec. 13.

# TRICARE offers choices for maternity care, family health care

Doris M. Ryan  
Bureau of Medicine and Surgery Public Affairs

In planning for maternity care, military families have a choice between TRICARE Standard or enrolling in TRICARE Prime. Beneficiaries whose first prenatal visit occurs on or after Dec. 28 will have more health care choices with TRICARE.

Recent changes in TRICARE regulations allow beneficiaries with TRICARE Standard to choose a civilian provider for maternity care, even if they live close to a military treatment facility (MTF).

"Having the ability to choose between TRICARE Prime and TRICARE Standard is a very attractive benefit choice for many. But there are additional financial costs that families need

to consider," said Lt. Cmdr. Gina Savini, program manager for the Perinatal Advisory Board at the Bureau of Medicine and Surgery. "Beneficiaries need to understand all the financial implications when they disenroll from TRICARE Prime and convert to TRICARE Standard. They need to keep in mind that any health care, other than maternity care, is going to require cost shares (co-pays). There may also be charges for maternity care related to inpatient hospitalization in civilian facilities."

Savini went on to explain the basic differences.

TRICARE Prime uses military providers and hospitals, and a network of civilian providers and hospitals. In some locations, beneficiaries can choose either a military or a civilian health-

care provider as a primary care manager.

This provider takes care of routine outpatient medical problems and check-ups. If in-hospital or specialty care is required, including maternity care, the patient must go to an MTF if the services are available. In most cases, expectant mothers with TRICARE Prime must have their prenatal care and deliver their babies in an MTF. There are no yearly deductibles and the co-payments within the civilian health care provider network tend to be less than TRICARE Standard.

Under the new law, a woman whose first prenatal visit occurs on or after Dec. 28 may choose a civilian doctor or midwife for prenatal care, and have her baby in a civilian hospital under TRICARE Standard. This bene-

fit is available even if she lives near an MTF where maternity care is provided. TRICARE pays the expenses for prenatal care, labor and delivery, and post-natal care. However, there are co-payments involved. The amount varies based on length of stay in the hospital and the sponsor's status.

In choosing civilian maternity care, a family must disenroll from TRICARE Prime and convert to TRICARE Standard. Switching to TRICARE Standard means not being able to re-enroll in TRICARE Prime for a period of one year unless the sponsor is in paygrade E-4 or below. During this time, patients needing medical attention, other than maternity care, will be subject to out-of-pocket expenses, such as deductibles and co-payments.

"Once a family converts to TRICARE Standard, all standard cost shares are applicable. So for example, if a patient is pregnant and requires care for a broken leg or pneumonia, something not related to the pregnancy, the family would be required to pay cost shares for health care, and that can be significant," said Savini. "Each family needs to consider all the factors and make the best choice based on their family's needs."

Active-duty women will continue to obtain their maternity care at MTFs.

The situation may be confusing and could result in unexpected out-of-pocket expenses. Contact the TRICARE Service Center at an MTF or visit the TRICARE Web site at [www.TRICARE.osd.mil](http://www.TRICARE.osd.mil) for more information.